

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.

PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat
 Lymphedema
 Post Treatment Cancer Care/Education
 Functional Conditioning
 Therapeutic Exercise
 Post-Mastectomy Therapy
 Modalities (TENS, E-stim.)
 Other: _____

COMMENTS:

FREQUENCY: _____ times per week for
_____ weeks

Signature: _____
(Physician signature)

Date: _____

Referrals are accepted from any physician.
A physician's order and diagnosis are
required for evaluation and treatment. We
accept most insurances including Medicare.

DHF

Post-Cancer Rehabilitation Program

*Outcome Based Therapy &
Wellness Close to Home*

Dominion Health & Fitness, Inc.

Tel: 276-926-4516

4862 Dickenson Hwy
P.O. Box 1810
Clintwood, VA 24228
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Cancer Program

Are you experiencing pain, stiffness, weakness, swelling or loss of function due to cancer surgery or treatment?

These symptoms may occur in the post-operative or post-treatment period. If they become prolonged or affect your function, most can be successfully treated in a short period of time by a physical therapist. The earlier one of these conditions is detected, the easier it is to treat.

Rehabilitation means ‘restoration of the ability to function in a normal or nearly normal manner.’ Cancer, and the treatments to combat cancer, can sometimes cause disability or prevent normal function. Often this disruption in usual activities is very brief and minor. Sometimes, however, patients may develop severe difficulties with walking, dressing, bathroom activities and other daily self-care routines.

For many patients, this decline in function can be lessened or reversed through therapy and education.

Treatment for Cancer Rehabilitation at Dominion Health & Fitness, Inc. includes:

- ◆ Pain Management
- ◆ Conditioning for Weakness
- ◆ Instruction For Impairments in Self-Care
- ◆ Lymphedema
- ◆ Evaluation for Assitive Devices & Adaptive Equipment
- ◆ Post Breast Cancer Surgery Treatment
- ◆ Maintaining and Improving Function
- ◆ General Strengthening
- ◆ Prevention of Secondary Disability
- ◆ Facilitating Adaptation
- ◆ Gentle Progressive Stretching

Post Breast Cancer Rehabilitation

Pain, stiffness, swelling or loss of function are post breast cancer conditions usually resulting from postural change and fear of moving the affected arm. If left untreated, this may lead to muscle shortening, scar tissue formation, stiffness, swelling and ultimately weakness, all of which are preventable with individualized physical therapy.

At Dominion Health & Fitness, Inc. we understand that your health and your time are valuable. This is why we have designed services which will accommodate women’s needs with the least amount of inconvenience and the highest level of individualized care. Symptoms resulting from surgery may be successfully treated by physical therapist in a comfortable, compassionate atmosphere.

Treatment for Post Breast Cancer at Dominion Health & Fitness, Inc.

- ◆ Patient Education
- ◆ Postural Assessment Education
- ◆ Strength Testing
- ◆ Soft Tissue Mobilization/Massage
- ◆ Gentle Progressive Stretching
- ◆ Individualized Strengthening Program
- ◆ Pain Relief Techniques
- ◆ Comprehensive Lymphedema Treatment Including Manual Lymph Drainage, Vasopneumatic Pump Use & Bandaging

Treatment Results

Over one million people in the United States are currently receiving treatment for cancer. More than ½ million people are considered cured of their disease. Many of those who have received treatment to cure or control cancer have suffered significant physical, emotional and psychological impairment.

The purpose of cancer rehabilitation is to help individuals and their families learn to adapt to the effects of this disease and its treatment. The goals of rehabilitation are to improve the quality of life for those experiencing cancer and to assist individuals in regaining maximum independence.

Our goal is to insure a timely and thorough evaluation followed by comprehensive physical therapy in coordination with your doctor. Emphasis is on education and individual symptom management. Each patient is given an individualized home exercise program to help them return to full independent function as quickly as possible.